

Step-by-Step Execution of Kenpo Techniques

Below are concise, step-by-step instructions for each requested Kenpo Karate self-defense technique, based on the available search results and standard curriculum details.

1. Delayed Sword

Standard defense against a right-hand lapel grab

- Step back with your right foot into a left neutral bow, executing a left inward block to the opponent's right arm.
- Deliver a right front snap kick to the opponent's groin.
- Plant your right foot forward into a right neutral bow and execute a right outward handsword strike to the opponent's neck.

2. Shielding Hammer

Defense against a left roundhouse punch

- Step back with your right foot into a left neutral bow, executing a left outward block to the opponent's punch.
- Pivot into a left forward bow as you deliver a right hammerfist strike to the opponent's left jaw.
- Return to a left neutral bow, checking with your left hand.

3. Thrusting Salute

Defense against a front straight right kick

- Start in a natural stance.
- As the opponent kicks, step back with your right foot to the 4 o'clock position into a left neutral bow, performing a left downward block to the inside of the opponent's kicking leg.
- Rotate your left foot counterclockwise and deliver a right front kick to the groin, checking high with your left hand.
- Plant your right foot forward toward 11 o'clock into a right neutral bow and deliver a right palm thrust to the opponent's jaw, checking with your left hand near your right ribcage^[1] ^[2] ^[3].

4. Buckling Branch

Defense against a left front kick

- Step back with your left foot to 5 o'clock into a left neutral bow, blocking the opponent's left kick from the outside with a left downward block while your right hand cocks to your hip^[4].
- Deliver a right front ball kick to the opponent's groin.

- Plant your right foot and deliver a left knife-edge kick to the inside of the opponent's right knee.
- Plant your left foot into a left reverse bow, then twist in place, checking with your left hand and delivering a right overhead hammerfist to the solar plexus. Optionally, follow with a right knee to the opponent's spine^[4].

5. Obscure Wing

Defense against a rear shoulder grab

- Step forward with your right foot into a right neutral bow, turning to face the opponent.
- Deliver a right back elbow strike to the opponent's torso or head.
- Check with your left hand as needed.

6. Raining Claw

Defense against a right uppercut punch

- Step back with your right foot into a left neutral bow, executing a left inward block to the opponent's punch.
- Deliver a right vertical claw-hand strike to the opponent's face.
- Follow with a right downward hammerfist to the opponent's collarbone or chest.

7. Five Swords

Defense against a right roundhouse punch

- Step forward and slightly to your left (11 o'clock) with your right foot into a neutral bow, delivering a right inward block to the inside of the opponent's punch while checking with your left hand.
- Immediately strike the opponent's right neck with a right outward chop.
- Deliver a left finger thrust to the opponent's eyes as you pivot into a right forward bow.
- With your left hand guarding, deliver a right uppercut to the opponent's solar plexus, then slide your left foot counterclockwise to 4 o'clock into a right forward bow and strike the opponent's left jaw with a left palm heel.
- Hook and pull the opponent's head down with your left hand, delivering a right downward hand sword to the back of the neck^[5].

8. Lone Kimono

Defense against a right-hand lapel grab

- Step back with your left foot into a right neutral bow, executing a right inward block to the opponent's grabbing arm.
- Deliver a right vertical punch to the opponent's ribs or solar plexus.
- Check with your left hand as needed.

9. Obscure Sword

Defense against a rear two-hand grab

- Step back with your right foot into a left neutral bow, turning to face the opponent.
- Deliver a left outward handsword strike to the opponent's neck or arm.
- Follow up as needed.

10. Grip of Death

Defense against a headlock from the side

- Step forward with your left foot into a left neutral bow, anchoring your left elbow to break the opponent's grip.
- Deliver a right hammerfist to the opponent's groin.
- Follow with a right upward elbow strike to the opponent's chin.

These steps outline the essential motions for each technique. For safety and proficiency, practice under qualified supervision and refer to detailed instructional materials or in-person instruction when possible.



1. <https://sportsandmartialarts.com/thrusting-salute-self-defense-technique>
2. <https://www.kenpotech.net/ed-parkers-american-kenpo/techniques/orange-belt/thrusting-salute/>
3. <https://www.youtube.com/watch?v=nu5wDJxBzgs>
4. <https://www.youtube.com/watch?v=YCdZLfq1vQ>
5. <https://www.pcwood.com/kenpo/techniques/kenpotech.pdf>